

**ABSTRACT**

A new and improved figure eight shaped exercise device and method of using is  
5 disclosed. One preferred embodiment of the device comprises a first hoop-like member having a handgrip attached to the first hoop-like member 12 and a second hoop-like member attached to the first hoop-like member. Another preferred embodiment of the device consist of a first hoop-like member having a handgrip attached to the first hoop-like member; and a second hoop-like member attached to the first hoop-like member, the second hoop-like member having an arm engagement pad. One preferred embodiment of the method comprises the steps of adjusting,  
10 gripping, inserting, jogging, obtaining, running, slipping, suspending, and walking.